



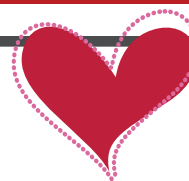
Friendship Heights

VILLAGE NEWS

FEBRUARY 2015

301-656-2797

VOLUME 29, NO. 9



Children's Summer Camp
page 7

Be a part of it, New York, NY

Spaces remain on our overnight trip to New York City on **Tuesday, March 31**, to see two shows, *The Audience* starring Helen Mirren and *On the Twentieth Century* starring Kristin Chenoweth, and visit the 9/11 Memorial Museum.

We will leave the Village Center at 7:30 a.m. and arrive in New York in time for lunch (on your own) at Hudson Eats before crossing the street to the 911 Memorial Museum. We will have a guided tour of the museum and see the beautiful memorial pools built into the footprints of the twin towers. The museum, which has more than 10,000 artifacts, ensures that the world will "never forget." Note: the museum visit involves a lot of walking.

Following our visit to the museum, we will check into Novotel Times Square, our home for the night. We'll dine together at the hotel and then ride over to



B & O Railroad Museum and 'La Buono Cucina'

Explore Baltimore's railroad history; then dine in its famed Little Italy when we travel to Charm City on **Tuesday, March 3**.

History comes alive in Baltimore at the B & O Railroad Museum, where we'll take a guided tour focusing on the evolution of railway service from its bumpy infancy to the golden age of passenger service. Following our tour, you'll have ample time to view exhibits of full-size locomotives and a great collection of railroad memorabilia, from dining car china to artwork to lanterns and signals. Stop in the theater car for a video on model railroads; then look for the Smithsonian Treasures cases in the gallery, the model train layout and the train garden. A commemoration of the Civil War sequicentennial, "The War Came by Train," continues through May.

After our visit to the Railroad Museum, we'll take a short drive for lunch at Chiapparelli's in Baltimore's Little Italy. Choose from among eight



see the brand new musical comedy *On the Twentieth Century* starring Peter Gallagher and Kristin Chenoweth.

Wednesday morning is left free so you can have some time on your own to shop or explore a gallery (or you can relax at the hotel until noon and ride the bus to the theater district). We will meet at the Schoenfeld Theater and attend the matinee performance of *The Audience* starring Helen Mirren as Queen Elizabeth II. The play, which had London audiences on their feet, brings Dame Helen back to the throne—and back to Broadway.

We will leave for home right after the play and stop for a fast food dinner (on your own) along the way. We should be back at the Center by 10 p.m. The cost of the trip, which includes Orchestra seats at both Broadway shows, entrance ticket and guided tour of the museum, Tuesday's dinner, hotel accommodations, transportation and all gratuities is \$775 per person, double occupancy; the single supplement is \$168. A nonrefundable deposit of \$450 plus single supplement is due at sign-up; the balance is due Feb. 27. The deadline to sign up is Feb. 4.

We strongly recommend purchasing trip insurance. Information about insurance is available at the front desk.

Continued on page 3

Musical Morning for the Pre-School set, page 2

CHILDREN'S PROGRAMS

Musical morning for children

Singer Marsha Goodman-Wood of Marsha's Musikgarten returns to the Village Center on **Wednesday, Feb. 25, at 10 a.m.** for a morning of music for children. Marsha is a singer/songwriter performing her own original indie rock-infused songs for kids and well-known favorites guaranteed to get the audience singing and dancing along. Toddlers and their friends and siblings, babies too, are welcome, but must be accompanied by a parent or caregiver. The event is free. For more information, call the Village Center at 301-656-2797.

Luncheon at L'Auberge

A few spaces remain for our trip to L'Auberge Chez Francois on **Thursday, Feb. 26**. The four-course luncheon features many of the restaurant's celebrated dishes.

We'll depart from the Village Center at 10:45 a.m. and should return by 3 p.m.

The cost of the trip, which includes round-trip transportation, four-course luncheon, all taxes and gratuities, is \$78. Sign up immediately at the Village Center. For more details, call the Center at 301-656-2797.

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Friendship Heights VILLAGE NEWS

www.friendshipheightsmd.gov

Email: info@friendshipheightsmd.gov

The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space for the March issue is February 5th. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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ON the GO...

Rails and Ravioli, continued from page 1

delectable entrees, including ricotta cheese & spinach stuffed ravioli topped with homemade tomato sauce, homemade lasagna, gnocchi Bolognese, eggplant parmigiani, penne con vodka, pesto penne pasta, tortellini Alfredo, orecchiette pasta with bitter greens and sausage. The menu also includes dessert, and choice of coffee, tea and iced tea.

We'll depart from the Village Center at 9:15 a.m. and should return by 3:15 p.m.

The cost of the trip, which includes round-trip transportation, admission and guided tour at the B & O Railroad Museum, lunch at Chiapparelli's and all taxes and gratuities, is \$64. There are 29 spaces available.



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An Irish program plus a dance lesson!

Celebrate St. Patrick's Day a wee bit late on **Friday, March 20, at 2 p.m.**, with a lovely program titled "Tales of Tir Na Nog" performed by Anna Hudson. Afterward stay for Irish tea and cookies and a short participatory interpretative modern dance workshop with Anna. No dance experience is necessary — just bring comfortable shoes and a willingness to embrace the joy of dance!

In Irish folklore, Tír na nÓg ("Land of the Young") is one of the names for the Otherworld, a supernatural realm of everlasting youth, beauty, health, abundance and happiness. Anna tells the stories of ancient Ireland in dance and poems of William Butler Yeats.

Anna Hudson has danced and acted professionally in New York and Europe for thirty years, appearing with such companies as The Martha Graham Dance Troupe, The Netherlands Dance Theater at The Hague, The National Dance Theater of Ireland and as a chorus dancer on Broadway in *Pippin*, *Chicago* and *Cats*. During The Vietnam War, Anna danced in several Bob Hope Christmas Shows. She was last at the Village Center in October performing "Tales of a Dime-a-Dance Girl."

Please RSVP to 301-656-2797.



The Jewish Community Center of Uptown Chevy Chase

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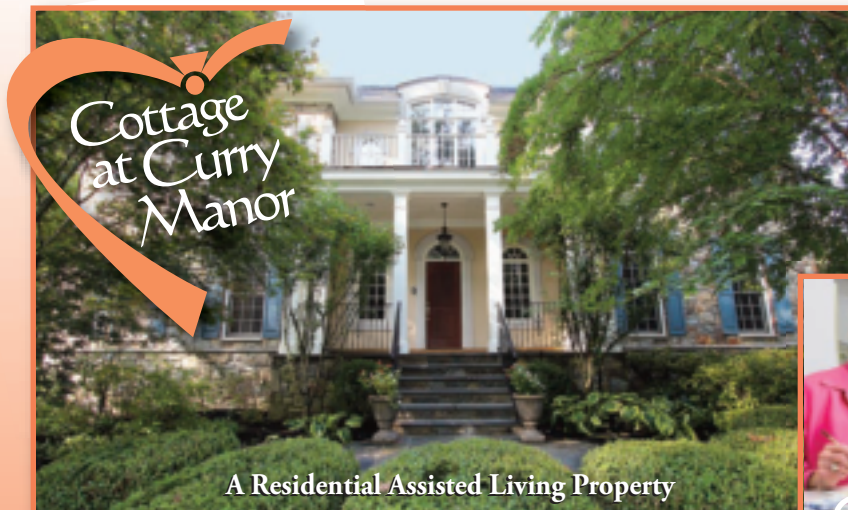
For info call 240-200-4515 or www.Jcenters.org

Now in Friendship Heights Delicious Shabbat Foods
Order by Thursday noon, pickup on Friday

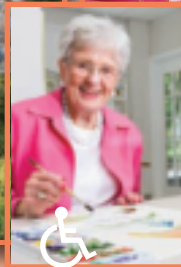
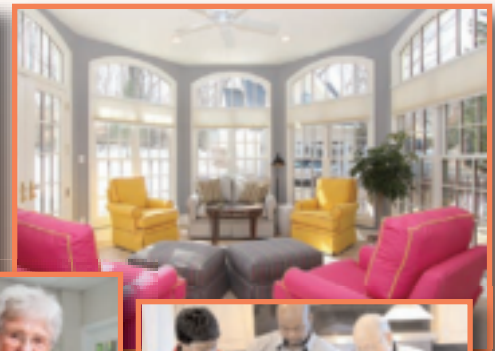
www.FriendshipKosher.org

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This project is intended as a service to the community by Mercaz Menachem Chabad



A Residential Assisted Living Property



The Cottage at Curry Manor is a one of a kind Refined Residential Living residence located in the heart of Bethesda. Conceived and developed by Susan Rodgers, RN, founder of Capital City Nurses, The Cottage at Curry Manor is a natural extension of the Capital City Nurses family of companies.

For almost 40 years, Capital City Nurses has been dedicated to providing exceptional care to seniors in their homes. It is recognized in the community for its integrity, credibility and performance. Today, that same Capital City Nurses excellent care is found in its newly established assisted living home, The Cottage at Curry Manor. Call today for a private showing.



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Knee Arthritis Responds Well To Stem Cell Treatment

Submitted by Mayo Friedlis, MD
StemCell ARTS, an Affiliate of
National Spine and Pain Centers

Painful knee arthritis develops as the cartilage in the joint space begins to deteriorate. Typically treated with invasive surgical procedures, there are now innovative procedures that offer patients alternative treatment options. Designed to address the root cause of the condition, there is a new line of advanced biological treatments using Regenexx™ protocols, built upon the proven medical success of using the body's own stem cells and blood platelets to stimulate the growth of new cartilage.

Stem Cell Therapy: The Process

A series of injections use the body's own supply of stem cells to help repair injured and degenerated tissues. This treatment combines all of the regenerative procedures in a systematic protocol designed to enhance the effectiveness of the stem cells. The process starts with a pre-injection performed 2-5 days prior to the stem cell procedure. The stem cells are aspirated from the hip area, under x-ray guidance. Patients typically tolerate this procedure well.

After the bone marrow is aspirated, the sample is processed to concentrate and purify the stem cells. This technique allows the physician to customize the stem cells to meet the specific needs of the individual. Utilizing either fluoroscopy or ultrasound, the physician precisely places the stem cells in the injured site to improve the likelihood that they will adhere to the damaged area and promote healing. After the stem cells are placed, concentrated platelets and other adjuvants are injected to stimulate the stem cells to multiply, and then transform into the repair cells needed to regenerate new cartilage. The platelets are injected again 2-5 days later to keep the stem cells activated and promote additional healing.

Platelet Rich Plasma (PRP)

Platelets initiate tissue repair by releasing growth factors. These growth factors start the healing process by attracting repair cells to the injured site, including stem cells. Platelet Rich Plasma therapy intensifies this process by delivering a higher concentration of platelets. The therapy involves obtaining a

sample of the patient's blood. This sample is processed, manually, in an on-site laboratory to yield a more concentrated and more pure product. The platelets are then injected into and around the point of injury, significantly strengthening the body's natural healing process.

A new, more advanced regenerative therapy is now available using the Regenexx SCP protocol – producing PRP that is free of contaminating red and white cells, which can inhibit repair. This same

special process allows a physician to customize the concentration and volume for each patient and each injury type.

A Real Solution To Regain Knee Function

These regenerative treatments offer a revolutionary way to slow the progression of knee arthritis, regenerate lost or damaged tissue, significantly reduce pain, and restore knee function and mobility. An initial evaluation will determine which

regenerative therapy is most beneficial for a patient's specific condition. A customized plan is developed using one or more of the treatments to obtain the best patient outcomes possible as well as viable options to invasive surgical procedures for patients identified as candidates for regenerative procedures. Sometimes combined with short-term knee bracing and physical therapy, the effects of this approach can be greatly amplified to restore quality of life to most patients.



Patient Education Seminar

ALTERNATIVES TO SURGERY:

USING YOUR OWN STEM CELLS TO HEAL YOUR BODY

Please join us for a fun and informative seminar discussing the unique stem cell and blood platelet procedures that StemCell ARTS has to offer.

StemCell ARTS, an affiliate of National Spine and Pain Centers, provides a family of non-surgical, adult stem cell and blood platelet treatments for common injuries and joint conditions. Our procedures increase function, decrease pain and

offer the patient viable alternatives to invasive surgery typically followed by lengthy periods of downtime and painful rehabilitation.

Here's the opportunity to get your questions answered by the area's leading regenerative medicine expert and WASHINGTONIAN Magazine rated Top Doctor. Bring a spouse, other loved one or a friend/colleague. Space is limited.

CONDITIONS THAT MAY RESPOND WELL TO STEM CELL AND PLATELET PROCEDURES:

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- Shoulder Pain & Rotator Cuff Tendinitis
- Chronic Back & Neck Pain
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- Achilles Tendinitis
- Foot & Ankle Pain, Plantar Fasciitis
- Sacroiliac Joint Instability

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TUESDAY, FEBRUARY 17, 2015
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Cannot Attend? Call For More Information or Make An Appointment

RSVP

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Mayo F. Friedlis, MD

Dr. Friedlis is a nationally recognized expert in pain management and one of the first doctors in the Washington, DC area to use Stem Cell Therapy. Dr. Friedlis was voted among WASHINGTONIAN's Top Doctors in Rehabilitation. He is passionate about helping people in pain, whether their problem is simple or complex. Dr. Friedlis is Board Certified in Physical Medicine and Rehabilitation and is a Diplomate of the American Academy of Pain Management and the National Board of Medical Examiners.

PLAYING on the BIG SCREEN

All movies begin at 7 p.m.

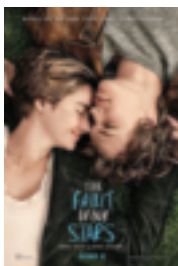
A Note from the Program Directors

As a courtesy to our speakers, authors and performers...

• Turn off cell phones • Do not take food or drink into the auditorium • Arrive on time for all events • Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and insulting to the presenters when people walk out. Plenty of time to catch the shuttle bus will always be allowed.

Thursday, Feb. 5, 7 p.m. — Movie — *The Fault in Our Stars*

Hazel and Gus are two extraordinary teenagers who share an acerbic wit, a disdain for the conventional, and a love that sweeps them — and us — on an unforgettable journey. Their relationship is all the more miraculous, given that they met and fell in love at a cancer support group. Based upon the number-one bestselling novel by John Green, the film explores the funny, thrilling and tragic business of being alive and in love. Stars Shailene Woodley, Ansel Elgort and Willem Dafoe. Rated PG-13. Running Time: 126 minutes.



her death. Stars Kevin Kline, Maggie Smith and Kristin Scott Thomas. Rated PG-13. Running Time: 107 minutes.

Thursday, Feb. 26, 7:30 p.m. — Movie — *Get On Up*

Based on the incredible life story of the Godfather of Soul, the film will give a fearless look inside the music, moves and moods of James Brown, taking audiences on the journey from his impoverished childhood to his evolution into one of the most influential figures of the 20th century. Stars Chadwick Boseman, David Andrew Nash, and Nelsan Ellis. Rated PG-13. Running Time: 139 minutes.



Thursday, Feb. 12, 7 p.m. — Movie — *Boyhood*

Richard Linklater's *Boyhood* is a coming-of-age drama that the director spent twelve years making. He cast a young boy, Ellar Coltrane, and shot the film a few days at a time for over a decade so that he could capture how his leading actor, and the rest of his cast, aged. The film's story simply follows a boy named Mason (Coltrane) as he progresses from age 6 to 18 and deals with the typical travails of childhood like his parents' divorce, bad stepparents, falling in love, finding his artistic voice, and fighting with his bratty older sister. Ethan Hawke and Patricia Arquette co-star as Mason's parents. Rated R. Running Time: 162 minutes.



Thursday, Feb. 19, 7 p.m. — Movie — *My Old Lady*

Mathias Gold is a down-on-his-luck New Yorker who inherits a Parisian apartment from his estranged father. But when he arrives in France to sell the vast domicile, he's shocked to discover a live-in tenant who is not prepared to budge. His apartment is a viager — an ancient French real estate system with complex rules pertaining to its resale — and the feisty Englishwoman Mathilde Girard who has lived in the apartment with her daughter Chloe for many years, can by contract, collect monthly payments from Mathias until



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ART and CULTURE

On exhibit in February

"The Influence of Our Elders" is the title and theme of the art show in Friendship Gallery this month. The Village continues its annual celebration of African American History Month with an exhibit of twelve African American artists whose work reflects a rich connection to their artistic forbearers who have provided them with a keen sense of culture and history. The 2015 exhibit presents artists from as far away as South Carolina and Nova Scotia and as near as Capitol Hill and Petworth. Artworks include sculpture, collages, paintings, watercolors, and photography.

The show runs from Feb. 2 to 28. All are invited to a reception to meet the artists on **Sunday, Feb. 8, from 11:30 a.m. to 1:30 p.m.** Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m., Friday, 9 a.m. to 5 p.m. and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room. Please check with the front desk receptionist when you arrive. Please note that all sales of art are final.

Clockwise from top left, "Fireball" by Nanno Smith, "Charlie Wright, The Runaway Slave Who Saved The Union" by Hubert Jackson and "Cloud Odyssey" by Llewellyn Berry.



A fun-filled week for your little artists

Our annual children's summer art camp, run by curator Millie Shott, will take place **Monday, June 22 through Friday, June 26, from 9:30 a.m. to 1 p.m.** daily at the Friendship Heights Village Center. Campers ages 6 through 12 complete a variety of fine arts projects during the week. Children must have completed kindergarten to qualify. Campers complete a number of fine arts projects, including painting, pottery, origami, glasswork and more.

The cost is \$250 per child; sign up by March 1 and pay \$225 per child. Sign up immediately at the Village Center.


Friendship Heights
Village Center



Calendar
of Events 2015

FEBRUARY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	2 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7 p.m.: Café Muse	3 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	4 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel 4 p.m.: Bidding at Bridge	5 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: The Fault in Our Stars	6 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement	7 8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography 9:30 a.m.: Photography for Children
8 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers 11:30 a.m. – 1:30 p.m.: Art Reception	9 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting 7:30 p.m.: FRIENDSHIP HEIGHTS COUNCIL MEETING AND BUDGET HEARING	10 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 p.m.: Speech Therapy and Support Group 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	11 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 12:30 p.m.: Depart for the Kennedy Center 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Suburban Lecture: “Eat Your Heart Out” 1 p.m.: Health Insurance Counseling 4 p.m.: Bidding at Bridge 7:30 p.m.: Concert:Jody Marshall	12 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie:Boyhood	13 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement 1 p.m.: Collage and Mixed Media class	14 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children
15 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	16 Presidents Day Center Open 9 a.m. to 2 p.m. Shuttle Bus runs on weekend schedule 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors	17 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 11 a.m.: Village Book Club 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	18 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess group 4 p.m.: Bidding at Bridge 7:30 p.m.: Tales in the Village: Celebrating Black History Month	19 8:15 a.m.: Walking Club 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: My Old Lady	20 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Collage and Mixed Media class	21 8:15 a.m.: Walking Club 10:30 a.m.: Basic Photography
22 9 a.m.: Yoga with Robin 9:30 a.m. – 1:30 p.m.: Coffee and Sunday Papers	23 10 a.m. – 2 p.m.: MVA Mobile Office 10 a.m.: Great Books 10:30 a.m.: Resistance Training For Seniors 12:30 p.m.: Bridge Club 1 p.m.: Strength Training with Tonya 2:30 p.m.: Acrylic or Oil Painting	24 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 12 – 4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Coordination 2 – 4 p.m.: Suburban Nurse Specialist 3 – 4 p.m.: Tea 7 p.m.: Pilates	25 10 - 10:45 a.m.: Children's Musical Program 10:15 a.m.: Yiddish 12 p.m.: Chess group 1 p.m.: Portraiture in Pencil and Pastel 1 p.m.: Health Insurance Counseling 4 p.m.: Bidding at Bridge 7:30 p.m.: Concert: Li-Ly Chang	26 8:15 a.m.: Walking Club 9:30 a.m.: Tai Ji 10:45 a.m.: Depart for Chez Francois 11 a.m.: Still Life Painting 11 a.m. – 4 p.m.: Village Playtime 12:30 p.m.: Vision Support Group 6:15 p.m.: Scrabble 6:45 p.m.: Acrylic or Oil 7 p.m.: Movie: Get On Up	27 9:15 a.m.: Drop-in Tai Chi 10:30 a.m.: Coffee and Current Events 10:30 a.m.: Memory and Movement 1 p.m.: Collage and Mixed Media class	28 8:15 a.m.: Walking Club 9:30 a.m.: Photography for Children 10:30 a.m.: Basic Photography

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
Saturday and Sunday 8 a.m. to 7 p.m.

Village Center Hours

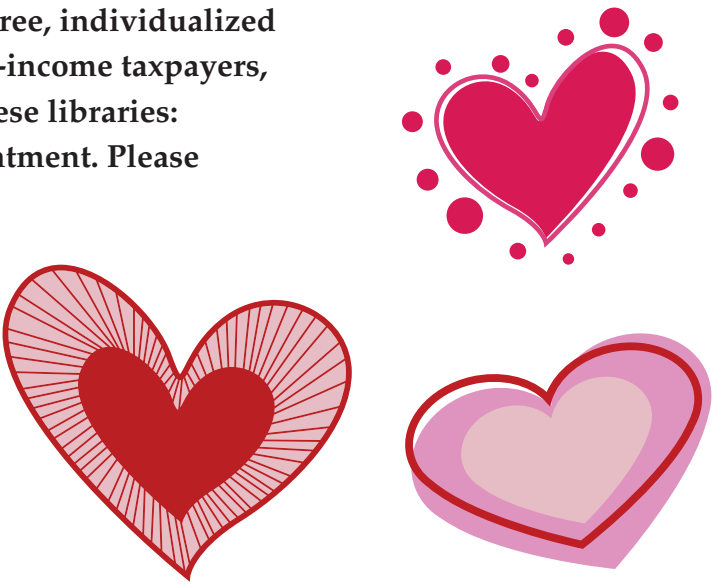
Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.

The Friendship Heights Village Center is open to everyone. People who live or work in the Village are especially welcome.

AARP Foundation Tax-Aide offers free, individualized tax preparation for low-to moderate-income taxpayers, especially those 60 and older – at these libraries:
Call 240-777-2577 to make an appointment. Please do not call the libraries.

Bethesda Library
7400 Arlington Rd.
Mondays, 10:30 a.m. - 4 p.m.

Chevy Chase (Md.) Library
8005 Connecticut Ave.
Thursdays, 10:30 a.m. - 4 p.m.





CLASSES and CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION — A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes as well as Drop-in Tai Chi and sample classes are required to sign a liability waiver when they register.

ART

BASIC PHOTOGRAPHY (Saturday)

This 8-week course in black and white and color photography, taught by Lew Berry, begins Feb. 21. Meets Saturdays from 10:30 a.m. to 1:30 p.m. The cost is \$120. The class is open to new students as well as those from previous sessions. Students will become skilled at using their cameras, understand how to see and use available light and learn about composition and subject selection. Instruction takes place in the classroom as well as out in the field. Students must bring a camera to class; digital cameras are preferred. See examples of Lew's students' works at <http://www.artmajeur.com/kindalewcollective>. Session ends April 18 (class will not meet April 4).

BASIC PHOTOGRAPHY FOR CHILDREN

This 6-week course in black and white and color photography, taught by Lew Berry, begins Feb. 28. Meets Saturdays from 9:30 to 10:30 a.m. The cost is \$50. The class is open to youngsters 10 years old and older. Students will become skilled at using their cameras, understand how to see and use available light, and, learn about composition and subject selection. Students must have a digital camera and a flash drive. Session ends April 11 (class will not meet April 4).

COLLAGE AND MIXED MEDIA WITH MILLIE

A 4-week course, taught by artist and Village art curator Millie Shott, begins Feb. 13. Meets Fridays from 1 to 3 p.m. Students should bring scissors, Elmer's (or other white) glue and any of the following to cut and paste: special cards, photos, newspaper clippings, ticket stubs, material scraps, old paintings — use your imagination! Millie will provide background boards, final sealer, and plenty of scraps for anyone who needs them. For beginning as well as returning students. Cost is \$60. Session ends March 6. Minimum number of students is 4; maximum number is 10.

PORTRAITURE IN PENCIL AND PASTEL

This 6-week class, taught by Marianne Winter, begins Feb. 25. Meets Wednesdays from 1 to 3 p.m. Students will concentrate on achieving likeness using photos or reproductions of artwork. Please bring a pad and pencil or pastel to the first class. Some previous experience in drawing is necessary. The cost is \$75 for residents; \$80 for nonresidents. Maximum number is 8. Last class is April 1.

STILL LIFE PAINTING

A 10-week course taught by Joan Samworth begins March 5. Class emphasizes the elements of art: line, color, texture, shape and value and

is designed to meet the needs of all levels of experience. Suggested media are pastels, watercolor, acrylics, color pencil. Supply list will be handed out first day of class. Meets Thursdays from 11 a.m. to 2:30 p.m. (you may bring lunch — brown bag only, please). The cost is \$185 for residents; \$200 for nonresidents. Last class is May 7.

BRIDGE

GERBER AND BLACKWOOD

This 5-week series taught by Frank Shull, a life master at bridge, begins March 18. Meets Wednesdays from 4 to 6 p.m. These lessons will show how and when to bid both Gerber and Blackwood conventions and when not to bid. Students will learn the three ingredients of slam bidding; there will be sample hands to bid and play. The maximum number of students is 17. Call Frank with questions at 301-365-7735. The cost is \$88 for residents, \$92 for nonresidents. Session ends April 22 (class will not meet April 8).

EXERCISE AND FITNESS

BALANCE AND COORDINATION

This 7-week class begins March 3. Meets Tuesdays, from 1 to 1:50 p.m. The class will focus on simple exercises that improve overall balance. The cost is \$75 for residents; \$80 for nonresidents. Session ends April 14. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

CHAIR EXERCISE

This 7-week class begins March 4. Meets Wednesdays, from 11 to 11:50 a.m. The class, taught by Tonya Walton, is especially for people who

In the event of inclement weather, please call the Village Center at 301-656-2797 to confirm that the center is open and that classes are being held. We generally follow the Federal Government's decision. Most classes have a make-up date built into the schedule so you may not see your favorite class listed one day this month or in March. Check with your instructor to see if your session needs a "snow day."

want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. The cost is \$75 for residents; \$80 for nonresidents. Session ends April 15.

MAT PILATES

The 6-week session begins Feb. 24. Meets Tuesdays from 7 to 8 p.m. Pilates movements tone the body from “the inside out” bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both *PhysicalMind Institute* and *Powerhouse Pilates*. The cost is \$85 for residents and \$90 for nonresidents. Please bring a Pilates/Yoga mat and bath towel. Session ends March 31.

MEMORY AND MOVEMENT

This 6-week class begins Feb. 27. Meets Fridays, from 10:30 to 11:30 a.m. This class, taught by Cheryl Clark, will help your short-term memory and balance. The exercises are specially designed to target brain health as well as physical strength. Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. The cost is \$65 for residents; \$70 for nonresidents. Session ends April 10 (class will not meet April 3).

SKY VALLEY TAI JI (Thursday)

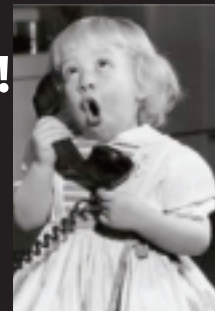
This 6-week class, taught by Taj Johnson, begins Feb. 26. Meets Thursdays from 9:30 to 10:30 a.m. and is especially for beginners. The cost is \$60 for residents; \$70 for nonresidents. Minimum number is eight. Session ends April 2. For more information go to skyvalleytaiji.com.

SKY VALLEY TAI JI (Tuesday)

This 6-week class begins March 10. Meets Tuesdays from 9:30 to 10:30 a.m. The cost is \$60 for

Remember to use our recorded program message!

You can hear a recording of the Center's programs and events at any time by calling 301-656-2797 and asking to be transferred to the message or by pushing 11 when calling after hours. The recording is updated at the beginning of each month.



residents; \$70 for nonresidents. Minimum number is eight. Session ends April 14.

STRENGTH TRAINING WITH TONYA

This 7-week class begins March 16. Meets Mondays, from 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. The cost is \$75 for residents; \$80 for nonresidents. Session ends May 4 (class will not meet April 13).

ONGOING GROUPS, CLUBS AND OTHER ACTIVITIES

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings Tuesdays from 12 to 4 p.m. The nurse is also available for consultations Tuesdays from 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays from 12 to 2:30 p.m. at the Village Center. All levels are welcome. Call Norm Schiff at 206-713-6079 for details.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets informally every Friday from 10:30 a.m. to noon. Led by group members.

DROP-IN TAI CHI

Student-led sessions every Friday from 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS DISCUSSION GROUP

Book lovers participate in lively presentations and discussions of works, usually taken from the Great Books series. Leadership is rotated among group members. Meets Mondays from 10 to 11:45 a.m. Contact Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

Free assistance offered by the Maryland Cooperative Extension's Senior Health Insurance Assistance Program. Usually meets on the second and fourth Wednesdays of each month from 1 to 3 p.m. Please call 301-590-2819 for an appointment.

SCRABBLE

This group of Scrabble players meets at the Center Thursdays at 6:15 p.m. All are welcome.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, MS, MA, CCC-SLP, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson's or dementia who need help with communication. Meets the second Tuesday of every month from 2 to 3 p.m.

TEA

Village residents and their guests are invited to tea every Tuesday from 3 to 4 p.m. Hot beverages, cookies

Continued on page 15

CONCERTS

Concerts will be held from 7:30 – 8:30 p.m. in Huntley Hall in the Friendship Heights Village Center.

Wednesday, Feb. 4 — **NO CONCERT**

Wednesday, Feb. 11 — **Jody Marshall**

Jody Marshall, a native of the Washington, D.C. area, grew up in a musical family. Enchanted by the sound and visual appeal of the hammered dulcimer, she developed a passion for the instrument. She has been performing and teaching dulcimer since 1988 and was a founding member of the popular folk trios, Ironweed and MoonFire. She also performed extensively with Connemara.

Wednesday, Feb. 18 — **Tales in the Village: Celebrating Black History Month**

Fanny Crawford and

Kristen Pedemonti offer stories to celebrate Martin Luther King Jr. and his mother.

Wednesday, Feb. 25 — **Li-Ly Chang**

Li-Ly Chang, born in Taipei, Taiwan, Republic of China, started playing piano at the age of eight. Her continued dedication and practicing won her both the Taipei City Piano Competition and the National Competition in Taiwan in 1975. Since coming to the United States she has been a prize winner twice in the International Piano Recording Competition and has received other achievement awards. Miss Chang attended West Texas State University, University of Kansas, and the Peabody



Conservatory of Music. She has performed at Carnegie Hall, and venues in Washington and Baltimore.

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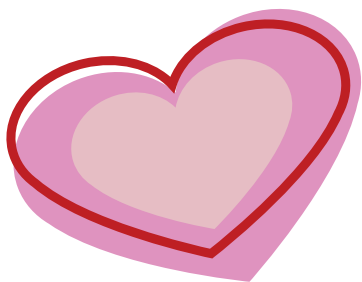


TO YOUR HEALTH

Eat your heart out

Celebrate Heart Health Month with Suburban Hospital's dietitian Rhonda Brandes as she shares tips on foods that can boost your heart health and overall well-being, at this month's Health Lecture at the Village Center on **Wednesday, Feb. 11, at 1 p.m.**

There is no cost for the talk, but **please** call 301-656-2797 to let us know if you plan to attend.



If you know someone who could benefit from our monthly Vision Support Group, please bring your friend to the next meeting — and stay yourself for good food and conversation!

Vision Support Group: Save Your Sight and Perhaps Your Life

The eyes may be the window to your soul, but they are also the window to the health of your heart and blood vessels. Celebrate American Heart Month with Dr. Miriam Fisher, cardiologist, and Dr. Lauren Taney, ophthalmologist/retina specialist, at the Vision Support Lunch and Learn at the Village Center on **Thursday, Feb. 26, at 12:30 p.m.** Learn how changes in the back of the retina offer information about coronary artery disease, stroke, diabetic retinopathy and other health concerns.

The Vision Support Group is a partnership of the Village of Friendship Heights and Prevention of Blindness Society of Metropolitan Washington. You don't have to have poor sight to participate, but you do need to register in order to reserve a light lunch by calling 301-656-2797.



THE SPRING MARKET WILL BE HERE SOON!

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Cafe Muse presents...

This month's Café Muse, on **Monday, Feb. 2, at 7 p.m.**, features poets David Keplinger and Bill Yarrow.

David Keplinger is the author of four poetry books, most recently *The Most Natural Thing*. His poetry has been awarded the T.S. Eliot Prize, The Colorado Book Award, the Cavafy Prize from Poetry International, the Tacenda Best Book Award, the Erskine Prize from Smartish Pace, international fellowships from the Danish Council on the Arts and the Soros Foundation, and a grant from the National Endowment for the Arts. Over the years his work has appeared in *The Paris Review*, *Ploughshares*, *Crazyhorse*, *Gettysburg Review*, *Agni*, *American Poetry Review*, *Poetry*, and elsewhere. He teaches in the Department of Literature at American University.


The Village Book Club will meet this month on **Tuesday, Feb. 17, at 11 a.m.** The book selection is *Incendiary* by Chris Cleave. Look for a copy of the book in the Center Reading Room on the shelf marked "Village Book Club Selections."

Bill Yarrow is the author of *The Lice of Christ*, *Incompetent Translations and Inept Haiku*, and *Pointed Sentences*. He has been published in many print and online journals including *Poetry International*, *Gargoyle*, *Thrush Poetry Journal*, and *PANK*. He is a Professor of English at Joliet Junior College where he teaches creative writing, Shakespeare, and film.

Café Muse opens at 7 p.m. in the Village Center with classical guitar by Michael Davis; readings begin at 7:20. Attending poets are invited to participate in an open reading that concludes the program. A sign-up sheet will be available at 7 p.m.

Café Muse is presented by The Village of Friendship Heights and The Word Works, a nonprofit literary organization that has sponsored public programs for over 35 years. For more information visit www.wordworksdcc.com.

Next month's Café Muse will take place March 2. The poets will be Le Hinton and Susan Sonde.



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Classes and Clubs, continued from page 11

3 to 4 p.m. Hot beverages, cookies and fruit are served by Village volunteers.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. Members take turns suggesting books and leading the meetings. Dates and book titles are announced in the newsletter. New members are welcome at any time.

VILLAGE BRIDGE CLUB

The bridge club meets every Monday from 12:30 to 3:30 p.m. All are welcome for bridge or duplicate bridge; cards will be supplied.

VILLAGE PLAY TIME

Games, toys and play equipment will be set out in the auditorium of the Village Center most Thursdays from 11 a.m. to 4 p.m. Children must be accompanied by a caregiver, friend,

or family member over age 13.

**VISION SUPPORT
LUNCH AND LEARN**

A partnership of the Prevention of Blindness Society of Metropolitan Washington and the Village of Friendship Heights. Meets one Thursday a month at 12:30 p.m. for lunch and discussion with an invited speaker. Contact Janet Morrison at 301-538-9358 for more information.

WALKING CLUB

Leaves the Center every Tuesday, Thursday and Saturday at 8:15 a.m. for a walk through a nearby neighborhood. Contact Helen Davis at 301-718-6340 for more information.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Contact Maurice Singer at 202-362-0883 for more information.

Our refund policy for trips

If you must cancel your reservation for a Village trip, please be aware of the following:

1. The cost of any day trip that includes a ticket (theater, concert, sporting event, ballet, opera, etc) is not refundable at any point after registration **unless** the space can be filled from the waiting list.
2. Any day trip that does not involve a ticket is refundable if cancelled seven days or more ahead.
3. Overnight trips are treated differently. Details are included in the newsletter trip description.



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Village Council Corner

Please Remember Friendship Heights!

While our share of income tax paid by Village residents is still the most significant portion of Village income (funding nearly half the cost of our services), the numbers are down. Now, more than ever before, we need to be sure that all income tax revenue due to come into the Village actually gets here. This money, as you can see from the FY2016 Proposed Budget contained in the Council's 2014 Annual Report, goes directly into services benefiting Village residents.

Remember, as Village residents, you do not pay any additional income taxes because you live in Friendship Heights! By law, as a special tax district, the Village receives a portion of the tax you pay to Montgomery County. It is very important, however, that the State of Maryland knows to return this revenue to the Village. Consequently, please take special care to mark your tax return as shown at right. Thank you!

Council actions at the January 12 meeting:

- Introduced Proposed Budget for FY2016.
- Awarded contracts for landscape maintenance to ValleyCrest and Interior Garden Designs.



Friendship Heights

VILLAGE NEWS

Friendship Heights Village Center
4433 South Park Avenue
Chevy Chase, Maryland 20815



Check out our website:

www.friendshipheightsmd.gov

e-mail: info@friendshipheightsmd.gov

phone: 301-656-2797

FORM 502		MARYLAND RESIDENT INCOME TAX RETURN	
OR FISCAL YEAR BEGINNING		2012, ENDING	
Social Security number		Social Security number	
Your First Name		Initial	Last Name
Spouse's First Name		Initial	Last Name
Present Address (No. and street)			
City or Town		State	ZIP code
Name of county and incorporated city, town or special taxing area in which you resided on the last day of the taxable period. (See Instruction 6)		Maryland County	City, Town, or Taxing Area
		Montg.	Friendship Hts
FILING STATUS			
See Instruction 1 to determine if you are required to file		1. <input type="checkbox"/> Single (If you can be claimed on another person's tax return, use Filing Status 2.) 2. <input type="checkbox"/> Married filing joint return or spouse had no income	

When you file your Maryland income tax return, please remember to put Friendship Heights under "City, Town or Taxing Area" to ensure the Village receives our share of the state income tax.

Public Hearing on Proposed Village Budget for Fiscal Year 2016

At the February 9 Council meeting we will have our first public hearing on the proposed Village budget for Fiscal Year 2016. Please note that the proposed Page Park playground is not part of the regular operating budget—testimony for the budget hearing should be limited to operating budget items.

February 2015 events calendar